



## 神经外科手术后

### 居家自理

本指南提供你在神经外科手术后的居家自理指示。

#### 疼痛控制

- 轻微至中度疼痛，你可以服用非甾体类消炎药(NSAIDs) 如布洛芬 **ibuprofen (Advil, Motrin)** 或 萘普生 (**Aleve, Naprosyn**)。请按照瓶子上的剂量指示服用。
- 我们也可能会给你短期的较强的处方止痛药。请根据处方服用此药物。如果你需要补充药物，请联系你的家庭医生。
- 如果你没有进行颅骨切除术（去除骨头），则可以使用冰袋来缓解疼痛。为了保护头皮，请在头皮和冰袋之间放一块干净的毛巾。



手术后应多休息来帮助身体恢复。

#### 洗澡

- 手术后 5 天，保持头部干燥。洗澡时，用浴帽遮住头。
- 5 天后，可以洗头。你可以：
  - 轻轻按摩头皮和切口区域。
  - 使用无添加气味或活性成分的温和肥皂。

#### 伤口护理

- 你的切口将被手术钉或缝合线封口。这些将需要在手术后 14 天去除。这可以由你的家庭医生或神经外科门诊完成。
- 除非你的医生或护士指示，否则无需在伤口上包扎绷带。
- 切口出将会结痂，不要去痂。当你可以洗头的时候，结痂会自行脱落。（详见第一页的“洗澡”）
- 为了预防感染，直到你的切口完全愈合：
  - 不要游泳和把头放进水里。
  - 不要戴帽子或假发。
  - 不要染发或使用吹风机。（手术前可以染发。）

- 每天检查切口。如果有以下情况，请联系门诊：
  - 感染迹象，如发热，难闻的排泌物（流脓），泛红或高烧 **101.5°F (38.6°C)**
  - 排泌物或肿胀加重。

## 活动

手术后 2 周：

- 不要弯腰。很重要的是头部不能受任何压力。
- 不能搬任何超过 **10 磅** 的东西。（1 加仑牛奶大概 **9 磅重**。）
- 大便的时候不能用力。如果你有便秘：
  - 多吃纤维。多吃新鲜的水果和绿色的蔬菜。
  - 多喝液体，每天 **6-8** 满杯。
- 避免任何加速你的心跳的活动。
- 多散步来加速你的康复。

## 预期

手术后，出现以下情况是正常的：

- **伤口部位麻木感**。你可能好几个月都无法完全恢复知觉。伤口愈合时你可能会感觉尖锐的疼痛。
- **在长时间平躺后出现浮肿**。你的身体需要时间来吸收导致你浮肿的水分。
- **分泌物**。分泌物应该会减少并在几天后停止。
- **伤口处敏感**。这种情况会持续几周。
- **头痛**。这种情况会持续 **1-2** 周。

## 联系

- 如果出现以下情况，请联系门诊：
  - 严重的或不正常的头痛。
  - 躺下时头痛得到缓解。
  - 疲乏（感觉非常的累）。
  - 脖子僵硬。
  - 恶心呕吐。

## 疑虑?

你的问题很重要。如果你有任何的问题或顾虑请联系你的医生或其他护理人员。

工作日上午 8 点到下午 4 点,  
联系海景神经外科门诊  
206.744.9340 分机按 2.

下班时间, 周末和假日, 联系  
206.744.2500.

- 平衡问题或头晕。
  - 走路困难, 或协调障碍。
  - 视力出现问题。
  - 大小便失控。
  - 性格变化, 混乱或记忆问题。
  - 癫痫
- **立即联系 911。** 如果你有中风症状 (详情请参照下图)。

## 中风症状

B		E		F		A		S		T	
平衡	眼睛	脸部	手臂	语言	时间						
											
平衡问题, 头痛, 头晕	视力模糊	半边面瘫	手臂或腿无力	语言问题	立即拨打 911						

用字母 **BE FAST** 来帮助你记住中风症状, 和当出现 1 种以上的症状时该怎么办。

## **After Your Neurosurgery**

### *Self-care at home*

*This handout gives self-care instructions for you to follow at home after your neurosurgery.*

### **Pain Control**

- For mild to moderate pain, you may take *non-steroidal anti-inflammatory drugs* (NSAIDs) such as ibuprofen (Advil, Motrin) or naproxen (Aleve, Naprosyn). Follow dose instructions on the bottle.
- We may also give you a short-term prescription for stronger pain medicine. **Take this medicine only as prescribed.** If you need refills, talk with your primary care provider (PCP).
- If you did **not** have a *craniectomy* (removal of bone), you may use an ice pack to help with pain. To protect your scalp, place a clean towel between your scalp and the ice pack.



*Get plenty of rest while your body heals from surgery.*

### **Showering**

- For **5 days** after surgery, keep your head dry. Cover your head with a shower cap when you take a shower.
- After 5 days, it is OK to wash your hair. To do this:
  - Gently massage your scalp and incision area.
  - Use mild soap with **no** added scents or active ingredients.

### **Incision Care**

- Your incision will be closed with staples or *sutures* (stitches). These will need to be removed 14 days after surgery. This can be done by your PCP or at the Neurosurgery Clinic.
- You do not need to put a bandage on your incision, unless your doctor or nurse tells you to.

- Scabs will form along your incision. Do **not** remove the scabs. When it is OK to wash your hair, this will help the scabs fall off by themselves (see “Showering” on page 1).
- To prevent infection, until your incision is well healed:
  - Do **not** go swimming or put your head under water.
  - Do **not** wear hats or wigs.
  - Do **not** use hair dye or hair dryers. (You may use hair dye before surgery.)
- Check your incision every day. Call the clinic if you have:
  - Signs of infection such as heat, bad-smelling drainage (pus), redness, or a fever higher than 101.5°F (38.6°C)
  - Increased drainage or swelling

## Activity

For **2 weeks** after your surgery:

- Do **not** bend over at the waist. It is important not to put any pressure on your head.
- Do **not** lift anything that weighs more than 10 pounds. (A gallon of milk weighs almost 9 pounds.)
- Do **not** strain when having a bowel movement. If you have slow bowels or constipation:
  - Eat more fiber. Eat plenty of fresh fruits and green leafy vegetables.
  - Drink lots of fluids, 6 to 8 full glasses a day.
- Avoid doing any activity that increases your heart rate.
- Walk often to speed your recovery.

## What to Expect

After this surgery, it is normal to have:

- **Numbness at your incision site.** You may not regain full feeling for many months. You may also have sharp pains as your incision heals.
- **Swelling after you lie flat for long periods.** It will take time for your body to absorb the fluids that cause the swelling.
- **Drainage.** This should lessen and then stop after several days.
- **Tenderness around your incision.** This will last for several weeks.
- **A dull headache.** This will last for 1 to 2 weeks.

## Questions?

Your questions are important. Call your doctor or other healthcare provider if you have questions or concerns.







Weekdays 8 a.m. to 4 p.m., call Harborview Neurosurgery Clinic at 206.744.9340 and press 2.

After hours and on weekends and holidays, call 206.744.2500.

## When to Call

- Call the clinic if you have:
  - Severe or unusual headache
  - Headache that is better when you lie down
  - Fatigue (feel very tired)
  - A stiff neck
  - Nausea and vomiting
  - Problems with balance or dizziness
  - A hard time walking, or poor coordination
  - Problems with your vision
  - Loss of bowel or bladder control
  - Personality changes, confusion, or memory problems
  - Seizures
- **Call 911 right away** if you have symptoms of a stroke (see graphic below).

## Stroke Symptoms

B	E	F	A	S	T
<b>BALANCE</b>	<b>EYES</b>	<b>FACE</b>	<b>ARMS</b>	<b>SPEECH</b>	<b>TIME</b>
					
Balance problems, headache, dizzy	Blurred vision	One side of face droops	Arm or leg weakness	Speech problems	Time to call 911!

Use the letters **BE FAST** to remember what stroke symptoms look like, and what to do when one or more of these symptoms occur.